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U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Friday, December 26, 1930

NOT FOR PUBLICATION

Subject: "Using Christmas Left-Overs". Information from the U. S. Bureau of Home Economics, U. S. Department of Agriculture.
Bulletins available: Aunt Sammy's Radio Recipes.

When the phone rang early this morning, Uncle Ebenezer, who had been shaving and whistling at the same time-much to the delight of Horace and Ann, called out, "If that is for me, Aunt Sammy, please say that I never get up this early on the morning after Christmas."

"Is it all right to tell fibs over the telephone, Uncle Ebenezer, or aren't you afraid of fibs anymore, now that Santa Claus has come and you have all your presents?" I heard Horace ask.

Uncle Ebenezer has often said that Horace ought to become a lawyer when he grows up.

The voice at the other end of the line belonged to my little friend, the bride, across the street and she was asking, not for Uncle Ebenezer, but for me.

"I'm ashamed to call you so early but I am in such difficulty that I need your advice right away," she told me.

"What is the trouble?"

"Left-overs, Aunt Sammy. You see I cooked a big dinner yesterday and, though, we ate lots, we didn't eat even half the food up. Now the kitchen is just full of left-overs and I have no idea what to do with them. What is worse, some business friends of my husband's are coming to dinner and I don't know whether to buy new groceries or try to use what I have on hand. From the way things look in my kitchen with the refrigerator, table and cupboards all full, I feel that I must get started right away if dinner is to be ready at seven tonight. I am afraid I won't even have time to take my dog out walking."

"Don't you really think," I suggested "that eleven hours is a bit too long to spend preparing one meal for four? Why not go for a walk with the dog while I finish breakfast and then come over and we'll have a chat about left-overs?"

At nine o'clock promptly the little bride and her dog appeared at the door. The three children soon had possession of the dog. (It is a very amiable animal with a fine sense of humor.) The little bride and I went into Uncle Ebenezer's study to discuss this very serious problem of left-overs.

"All that turkey, all those mashed potatoes, string beans and carrots, Aunt Sammy. What am I to do with them?"

"Is that all that is left?"

"Oh, no. Think of the celery, olives, pickles, jams and jellies to say nothing of some pears and peaches I opened for salad. Think of the cake and candy, too. Fortunately, I didn't have a bit of ice cream left, but there is all that fruit sauce I made to go with it and then forgot to serve. I am afraid I didn't plan very well. I meant to take your advice, Aunt Sammy, but I got worried toward the last for fear Bill's mother, who was visiting us for the first time, would think that Bill wasn't being fed well enough.

"Never mind. A clever person like yourself can make a meal fit for a king out of those left-overs."

"You are always so encouraging, Aunt Sammy, I am glad Bill happened to choose an apartment near you for our home. Otherwise these left-overs might go to waste and my mother-in-law might get the idea that I was extravagant or a poor manager. Wouldn't that be dreadful?"

First, we discussed using up the holiday bird. There are many excellent ways of using cooked fowl. I suggested some easily-prepared dishes. A luncheon dish that husbands seem to like particularly is hot turkey sandwich. Warm up slices of turkey, put them between slices of buttered bread, or toast, and pour hot gravy over the top. Isn't that easy? You can make the plate look attractive by adding a sprig of parsley and putting a couple of those left-over olives at the side of the plate. For a home meal I vote on turkey hash as one of the best ways to use up the smaller pieces of turkey, as well as baked or boiled potatoes and any remaining gravy. For a very nice looking main dish, the turkey can be chopped up, heated in its own gravy with a bit of chopped pimiento added, and served in the center of a platter with a ring of white, fluffy, boiled rice around the outside. Or you might like a ring of mashed potatoes instead. For a nourishing salad, dice the meat and combine it with chopped celery and green pepper and serve it piled on lettuce and mixed with mayonnaise.

"What about vegetables? They seem rather hopeless to fix over."

"Not at all. Save those vegetables. They are precious. I would suggest using the string beans and carrots together in a salad, but then--- I'm very partial to string-bean salad. I always let the vegetables stand in French dressing about a half hour before mealttime. Then I pile them on the crisp lettuce leaf just the last minute. As for cauliflower and

cabbage, they may be scalloped with cream sauce, bread crumbs and cheese. A jar of white sauce all made up and kept in the refrigerator along with my jar of mayonnaise, I find is a great convenience. I can always cream vegetables or make cream soup the last minute with that on hand.

"Speaking of soup reminds me to tell you that when you have used all the turkey meat, you can make delicious broth or stock from the bones. Just cover them with cold salted water and let them simmer in a covered kettle until all that good flavor is drawn out of the bones. To the broth made that way you can add such left-overs as tomatoes, onions, celery, and seasoning.

"How can I use those jellies, jams and cooked fruits. You remember that I opened several jars of canned fruit to make the salad and fruit sauce for dessert. There is quite a lot of that left as well as some juice. Can that be made into some nice dessert or something?"

"Let's talk about the jellies and jams first. Bright colored jelly can be added to many dishes as a bit of decoration, so if you have, for example, some currant jelly--"

"I have almost a whole glass, Aunt Sammy. It was barely touched yesterday and it is beautiful, clear, red, sparkling jelly that I made myself last summer. I sometimes wonder if Bill realizes what a good cook I am. I know you always appreciate me, Aunt Sammy, but I have some doubts about Bill now and then."

Wait until Bill sets eyes on the supper you are going to give him tonight. I'm sure you'll get some compliment. Now, to get back to jellies and jams. Beside using them for decorative purposes, you might spread them between layers of cake, or melt and use them in sauces for ice cream or puddings. Gelatin mixtures can take care of many left-overs. I'm glad I thought of gelatin. Jellyed fruit can be used both for salads and desserts and is very popular with all ages in the family.. Another way of using up extra fruit is in fruit ices, ice cream or mousse. However, ^{if} you have quite a good deal of juice combine it with lemon or orange juice or ginger ale to taste and serve it with the meal or in the afternoon or evening as punch. It is just the thing to go with fruit cake. Be sure it is not too sweet, for that will spoil the nice tart flavor most of us enjoy."

The little bride has gone home and taken her dog and the Menu Specialist has just brought in a dinner menu for you. I'll read it:

Smothered ham and pineapple, Crisp celery, Creamed cabbage, Baked sweet potatoes, Left-over Christmas goodies.

On Monday we will plan a New Year's Dinner.

